

How to Make Your Baking Days Easier

By Mrs. Christine Frederick,
The Distinguished Authority on Household Efficiency.

I HAVE watched myself and others at work and I know that it is not the actual preparation of the cake or pie which takes the time, but the gathering together of the materials before we begin and the clearing up after finishing. Whenever we cook several dishes at once we save a great deal of time. This is because we can use the same bowl and egg beater without separate washings. Also, and equally important, once a person starts any piece of work she becomes more skilled and works faster the longer she stays at it.

These are my steps to make less work of baking: 1. Decide on all the recipes in advance and the order in which they are to be prepared. 2. Have the oven in first-class baking condition. 3. Gather together all materials and utensils needed for all the work. This last

is most important because it is the stopping to hunt for a pan or the running to get another half cup of something which delays the work.

In my baking plans I reserve one bowl exclusively for beating the yolks of eggs, and a small platter especially for whipping the whites, and I use them straight through all the recipes without washing. The measuring cups, one for dry ingredients and one for liquids, serve the same end. By keeping a small pan of water on the table and having a short towel pinned to my belt I can wipe off any utensil so that any useless tracking across to the sink is entirely avoided.

My one indispensable tool is a small, pliable spatula, like a palette knife, which I use to scrape bowls, pans, etc. A bowl scraped with a spatula is most easily washed. A high stool before my table enables me to work restfully.

Most housekeepers now follow

my plan of writing recipes on separate 6x4-inch cards. When in use each card is placed on a hook in the wall or on a shelf above the table, at the eye level. Even if a cook book is used it should be placed on a rack above the table, where it cannot be soiled during the cooking.

The results of one morning's baking in my kitchen were: One lemon-meringue pie, one raisin pie, two pastry shells, one layer cake twelve inches square, twelve chocolate puffs, one large loaf of peanut tea bread, forty two-inch sugar cookies and six cup custards.

The pastry was chopped and made first so that while it was in the refrigerator to chill I could mix and bake the cookies. While they were baking I prepared both the raisin and the lemon fillings and kept watch over them as they simmered slowly on separate burners. As the peanut bread had to rise for

twenty minutes it was made next, before the cake, so that when both kinds of cake were baked the oven would be just ready for the bread. The icing and the filling of the two pie shells came last, just before the cup custards were made.

My simple order of work, with the approximate time, was as follows:

	Minutes.
Assemble all materials and utensils	5
Oil pans	4
Mix and chop pastry	15
Mix and bake cookies	40
Mold peanut bread	10
Mix layer cake	12
Mix chocolate puffs	3
Roll out two pie shells	6
Cake icing	6
Fill shells	4
Mix cup custards	3
Lay away ingredients and wash up utensils	18
Total	126

Not two hours and a half! Nor was the work done at a very hurried tempo, but taken in a moderate way and all done on a four-burner oil stove with a top portable oven.

The important point was that I baked the whole time and did not spend one moment tracking across the room to search for anything. In my own kitchen arrangement the preparing table and the stove are adjacent, so that in the whole two hours, once I began, I never stepped away from a surface about five feet wide.

There is an old cooking adage, "wash up as you go." But this no longer holds good when a large amount of work is required. Intensive cooking can be done in less time if there is no stopping to wash up each separate bowl and beater.

Your favorite pastry recipe may be followed, the idea being to bake several extra "shells," which can then be used later with any preferred filling. One shell may be filled with sliced peaches and covered with a meringue, the other utilized with berries. I sometimes cut strips of the crust and lay them crosswise into a lattice, and bake on the reverse of a tin plate on my regular "day." Then I lay this whole lattice across the filling put in several days later, warm it in the oven and serve.

It would have been equally easy to make a bottled mayonnaise while watching the other baking. Frequently the cake may utilize just the whites of the eggs and the

yolks may be reserved for this dressing. Most cake recipes can be made to cover two or three variations. That is, use one recipe and produce several different cakes by adding different flavorings to each half and cooking in different shaped pans with different icings.

Many times also a baked dinner may be arranged while the oven is full of the first set of pastry or cake. For example, it would be easy to make a meat loaf, scalloped potatoes and a brown Betty on baking day to be put into the oven after the regular baking is done.

Other housework should be put aside entirely on baking forenoon. The secret of making this important work easy is not to stop or be interrupted, but to bake, bake, bake!

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Breakfast Baked Rhabarb. Canned Corn Omelet. Muffins, Coffee. Luncheon Italian Spaghetti. Fruit Sponge. Cookies, Tea. Dinner Pot Roast of Lamb. New Potatoes. Asparagus Salad. Coffee Blanc Mange.	Breakfast Fruit, Cereal. French Toast. Coffee. Luncheon Salmon Salad. Cooked Dressing. Whole Wheat Bread Sandwiches. Dinner Emergency Soup. Cold Lamb (sliced thin). Creamed Potatoes. Green Vegetables. Apple Charlotte.	Breakfast Grapefruit. Cereal. Poached Eggs on Toast. Coffee. Luncheon Asparagus Loaf with Creamed Asparagus Tips. Pineapple Salad. Tea. Dinner Vegetable Dinner. Creamy Rice Pudding. Coffee.	Breakfast Berries, Oatmeal. Muffins, Coffee. Luncheon Potato and Bacon Pie. Gingerbread. Apple Sauce. Tea. Dinner Jellied Veal Loaf. Sliced Tomatoes. Bean and Beet Salad. Cup Cakes. Tea.	Breakfast Melons. Boiled Rice. Buttered Toast. Coffee. Luncheon Cream of Spinach Soup. Toasted Strips. Potato Omelet. Lettuce Salad. Dinner Baked Fish. String Beans. Lemon Gelatine. Custard Sauce. Coffee.	Breakfast Baked Apples. Cereal. Rice Muffins. Coffee. Luncheon Left-over Fish and Potato Balls. Tomato Sauce. Twin Mountain Muffins. Plums. Dinner Baked Ham. Mashed Potatoes. Dandelion Greens. Butterless Chocolate Cake.	Breakfast Cereal. Stewed Fruit. Eggs. Toast, Coffee. Dinner Cold Ham. Creamed Potatoes. Lettuce Salad. Strawberry Sponge. Supper Scrambled Eggs. White Corn Starch Pudding. Strawberry Sponge. Tea.

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You are probably suffering from lowered vitality. The hair is most sympathetically affected by the state of the general health and by the tone of your nerves. Build up your physical and mental condition. Avoid all nervous tension, worry and anxiety, because these things inevitably disturb the circulation and cause the malnutrition of the hair roots. Shampoo your hair once in two weeks with castile soap and warm water. Afterward apply this tonic:

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The most important item in the appearance of your nails is the care of the cuticle. Yet many people ruin

the cuticle through ignorance of the proper method of caring for it. Never cut it! Specialists agree that this is ruinous.

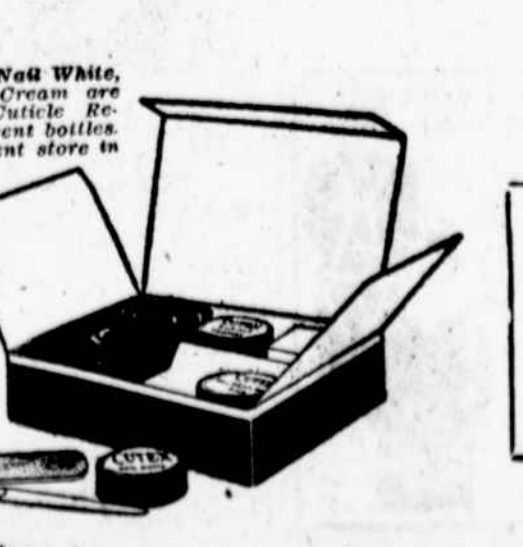
The nail root is only one-twelfth of an inch below the cuticle. When the cuticle is cut, it is next to impossible to avoid exposing the nail root. The moment a tiny bit is exposed, new skin grows very quickly in that place to cover it. It grows more rapidly than the rest of the cuticle. This spoils the symmetry of the curve at the base of your nails. It causes uneven cuticle and hangnails which ruin the appearance of your nails.

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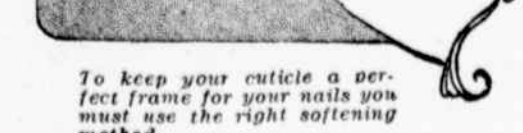
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